

*From MMA's foremost expert on weight-cutting  
and the author of Three Weeks to Shredded*

# LIVING LEAN

**MIKE DOLCE**  
with Brandy Room



**THE  
DOLCE  
DIET**

**DON'T COUNT CALORIES! MAKE CALORIES COUNT!**

THE DOLCE DIET

LIVING LEAN

by Mike Dolce

with Brandy Roon

**Conrad James Books**



Las Vegas, NV

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## **NOTE**

You should seek medical supervision before beginning any diet or exercise program. Nothing written in this

Some names, dates and identifying details have been changed to protect the privacy of individuals.

# INTRODUCTION

*Living Lean* is an easily adapted approach to enhancing your health and wellness

I simply tell you what works.

It amazes me how many diet plans are thrust onto the market each year that claim

The title of this book is *The Dolce Diet: Living Lean*, but this is not a diet.

*Living Lean* promotes a healthy lifestyle based on the practices and principles of

Here's why: Those techniques don't work.

But wait, you might say. Those techniques do work. What if I consume fewer cal

You may lose weight for a few days, maybe even a few weeks, but soon enough t

*Living Lean* is proudly based on ideals derived from my personal experiences, ob

## **Epigraph**

**“Wisdom is not a product of schooling but of the lifelong attempt to acquire**

**-Albert Einstein**

# CHAPTER 1

## BAPTISM

*“There are two mistakes one can make along the road to truth...not going all the way and not going far enough.”*  
Hindu Prince Gautama Siddharta

The steam in the bathroom was so thick it was hard to see what was happening. I

The athlete was submerged to his chest in a steaming bath with lavender-eucalyptus bubbles floating like swans all around him.

Words were spoken that I couldn't quite hear. I didn't have to. The fighter was re

Weight has been my main focus for more than twenty years; as a competitor, as a

I purposely drove my body weight to 280 lbs. as powerlifter to achieve my goal o

Now, as a peak performance coach, I continue to develop these methods while wo

\*\*\*\*\*

## THIRD GRADE

It was the end of a typical school day for me. I could hear the pounding of waves

The backdoor was open, but the screen door was shut. I could see my mother in tl

“Hold your father,” she yelled.

That's when I saw my dad sitting on the back stairs, tilting awkwardly to the side

I was nine.

A stroke is caused by the rupturing or the blockage of an artery. This prevents pa

My father was a first generation Italian immigrant who began smoking cigarettes free for another twenty years before his stroke.

Cigarette smoking is a leading cause of stroke along with high blood pressure, high conditions that are predominantly influenced by lifestyle; notably poor diet and l

My father looked like he was in great shape. But his insides were a different story

His sixty-hour work schedule kept him away from meaningful exercise and increased his le

\*\*\*\*\*

A few months after the stroke, my mother and I stopped by the local 7-Eleven for a gallon of whole milk and a loaf of Wonder bread. Like most kids wo

That night, I didn't sleep. There were pictures of Franco Colomбу deadlifting nea

What did they eat?

How did they train?

And how could I do that, too?



In short time, I was lecturing my mother on the saturated fat content of whole mil

My enthusiasm wasn't confined to nutrition or lecturing family members. The ho  
trained! (I wouldn't learn the principles of periodization and central nervous syste

\*\*\*\*\*

## **FRESHMAN YEAR**

It was the spring before high school. I was five-foot-  
four and maybe just over 100 lbs. I was working at a local athletic store scrubbing

Driven by the need to know what happened inside those walls, I did what any des

It took me a couple days to build up the courage to walk through the big wooden  
coated speakers in a cement room bursting with thousands of pounds of weights,

There wasn't an office. Only a stool, a shelf, and a cash register. After a few min

This was Joe, the owner. He had a great build. All his muscles were perfectly rou  
seeing how scrawny I was -- promptly told me I had to be fifteen to sign up.

It was \$99 for three months, but there was a catch. I had to convince my mother t

Dropping the bike on our front lawn, I bolted into the house. Mom was scraping c

"Okay," she said, cutting me off mid-sentence.

She didn't ask anything about age, and I certainly wasn't going to tell her. Mom v

“Can we go now?” I asked.

She wasn't thrilled, but didn't say no as she put away dinner and grabbed her purse.

I had the money to pay for it. Money wasn't the issue. I had coffee cans filled with

We walked into the gym and it was the same crazy zoo scene from before. I noticed

Joe came over and told her what he'd told me earlier, only this time much more precisely.

She signed the consent form. The deal was done. I asked my mom if I could stay

I was standing by the register trying to make eye contact with Joe, who was talking to the staff about the equipment that absolutely drives me crazy. Don't monopolize the gym equipment. Get

Joe finally noticed me. He came over looking slightly peeved. I'd guessed the story

“No,” I said. “I want to start training.”

Now his look was more of disappointment than annoyance. His face went blank for

“Follow me,” he said.

He brought me over to a steel contraption of pulleys and weights with six different

“There ya go,” he said as he walked away.

It was the last time I ever talked to that guy.

The steel V-bar in my hands was attached to a 200 lb. stack of weights. Although, I was only

From that first set, I knew exactly how to train myself, how to pair muscle groups foot-four.

\*\*\*\*\*

All the local cops trained at my gym, and I was lifting more than they were. At five ups.

I made the varsity wrestling team as a freshman, having never wrestled a single n

When I got up the assistant coach came over. He was a well-known college wrestler from our area with a grizzled face, ugly ears and a wad of

“Have you ever wrestled before?”

Embarrassed, I shook my head and said, “No.”

He smiled. “I didn’t think so, but you made the team.”

When formal practice started, the coaches immediately moved me out of the fresh

The night before our first match, the coaches sat us around the mat to give us a pe

When I returned sophomore year, my teammates noticed the big difference in my

They wanted to make the same physical gains. So I helped them. To repay me, so

I'd design my teammates' weight cuts and rehydration for same-day wrestling matches or multi-day tournaments. Back then I was relying on performance-science tempered with my own experience of gaining or losing up to 20 lbs. three

This pursuit became my obsession. I poured through countless books, magazines,

Clearly, this remains my obsession, and I have continued to evolve my work arou

## CHAPTER 2

### HELP IS NOT A FOUR-LETTER WORD

“*Example isn't another way to teach, it is the only way to teach.*” -  
Albert Einstein

As I'm writing this, someone in Slovakia just bought my weight-cut manual, *The Dolce Diet: 3 Weeks to Shredded*. That modest publication has s

I'm grateful so many people put their faith in me – people like Justin B. from Philadelphia, Pa., who lost more than 170 lbs., or And

It's not easy to ask for help.

Many people misconstrue asking for help as a weakness, but I believe that admitt worth. Sometimes help can take the form of a challenge to which we must rise.

\*\*\*\*\*

In high school, Derrick Dorfman was this shy kid with white-blond hair and light blue eyes. He was skinnier – and nicer – than anyone else I knew. He sat next to me in most every class, since we were as

Derrick and I started off the same as freshman – skinny. I came back sophomore year more muscular and looking like a senior, ha

My conversations with my friends would often be about girls – and girls. But Derrick would always ask me about working out and eating: How

I decided to invite him to the school wrestling room after classes one day. I show

By the third time I brought him to the wrestling room, his form was nearly perfec

Thirty pounds of added muscle will do that to a guy.

## **HIGH SCHOOL WRESTLING**

Between my junior and senior years, I attended a wrestling camp coached by Iow

For instance, they had trainers working on the side of the mat to immediately diag

Looking back now I shouldn't have been nearly as surprised when I received a pa  
exertion while attempting to perform at a world-  
class level. Noting this, confidence in my own methods grew. Seeing such high c

There's no doubt that the work ethic I adopted from Camp Gable is a benefit I'll f



PHOTO: Mike, 16, weighing 160 lbs., with Coach Dan Gable.

## SENIOR YEAR

My wrestling team had just lost a match – badly. Coach was angry to say the least. The following day we knew what was coming. But two things made me join in on the punishment despite receiving immunity.

After hundreds of push-ups, and other grueling exercises of physical torture, guys were having problems.

Finally, and to our horror, Coach demanded everyone hold the last push-up for as long as we could. Half the team dropped immediately. The other half stayed up.

Each guy who collapsed meant I was one step closer to being done. There was no room for error. Darin Jacobs.

He was a skinny, blonde wiseass freshman, and he was all the way on the other side of the gym.

We bonded right there. I both hated and loved him at the same time because as easy as he was to hate, he was also the only one who didn't give up.

I stared right back at Darin. I saw his arms start to quiver, his chest shake and his head bob.

I'd learned something that day. Our greatest selves emerge from our greatest challenges.

## CHAPTER 3

### GETTING IT WRONG IS HOW I GOT IT RIGHT

*“We learn wisdom from failure much more than from success. We often discover*  
Samuel Smiles

I ended up graduating high school at 210 lbs. of solid muscle. I’d received a colle



PHOTO: Mike, 19, competing at a powerlifting competition at 210 lbs.

Maybe it was time to switch sports.

The Muscle Shop was more of a bodybuilder’s gym. After a few years, that style

I talked a couple of buddies into joining my new gym, and we became a little crew

Friday night was our squat night. While everybody else was getting ready to go o



There were three power racks in the gym, only one of which was truly hardcore. I

That night, there were two guys in the rack we didn't know personally, but they v

They were the two strongest guys in the gym and at least ten years older than us. class, cutting down from my normal body weight of 198. I squatted 525 lbs. and s

I was seventeen.

For ten years, I was schooled in the ways of powerlifting, which is so much more

## **SUPER-SIZED**

Later in my powerlifting career I'd squatted 710 lbs. in the 242 lb. weight-class while weighing 238 lbs. That night, I turned to my girlfriend and said, "Wha

Brandy, who's now my wife, looked at me with a perfect poker face and said very

When we first met three years prior, I weighed 198 lbs. and was built just like Su

What can I say?

That evening, I came up with a plan of action. To truly commit to my goal, I had

Over the past few years, I had already bumped my natural weight up about 60 lbs

While researching, I picked up an old magazine and opened to an article written b  
press phenom J.M. Blakely. The topic was eating to gain weight.

“If you want to beat the man, you've got to out-eat the man!” he wrote.

And, that's what I did. I began eating. Well, it was more like gorging: Eight, whole egg omelets with half a loaf of bread, a half-gallon of whole milk and a few bananas for breakfast. For lunch, I'd order a double

For dinner, I would go anywhere that sounded good between my office and my home: a pound of provolone slices, a half-gallon of Breyer's chocolate ice cream and a king-sized Snickers bar.

The first month went pretty slow, but after four weeks, I weighed 248 lbs. I'd gained

For another two weeks, the scale didn't change and a few times my weight even decreased

Finally, my weight shot from 247 lbs. to 254 lbs. in two days. From then on, there was

This was the most uncomfortable point in my life.

Everything I did revolved around weight – body weight, barbell weight or the weight of the massive amounts of food I needed

In my younger years, I thought this was glamorous. Looking back now, I know I spent two hours of the day. The only time I felt energized were the two hours I spent in

I developed a severe case of sleep apnea from my own body mass crushing my airways in the 60's to the mid-80's. I constantly sweated and had to bring “back-up” shirts with me wherever I went because I would sweat through my original shirts

But, boy was I powerful. So powerful in fact, that I blew past my intended goal of



PHOTO: Mike, 280 lbs., competes as a super heavyweight powerlifter.

I made an appointment with my family doctor, whom I hadn't visited in maybe the last minute appointment I felt like I had aged twenty years. Although in my mid-twenties, I was discussing elevated cholesterol, dangerously high blood pressure, and the five and older crowd.

Scared for my well-being, I immediately turned my focus to longevity nutrition and was blessed to work with a professional.

Today, I walk around at just about 192 lbs. at 7 percent body fat. Ironically, I'm a regular at yearly checkups and complete blood tests, I know that all my primary indicators (cholesterol, blood pressure, etc.) are in the green.

The reason for such improved numbers was my emphasis on longevity science. I focused on the science of longevity and the health benefits of a low-carb, high-fat diet.

For the past ten years, The Dolce Diet has been evolving as a longevity program, and I've been able to maintain a healthy weight and excellent health.

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## **THE MOVE TO MMA**

The health risks of powerlifting and the demands I put my body through had a de-

The first mixed martial arts class I took was at a local Renzo Gracie affiliate in N

Leaner, faster, stronger –

I wanted to be all those adjectives once again, like I was in high school. Except r

A year later, I signed up for a three-

day camp to be held at Team Quest in Portland, Ore., which was widely consider

I trained hard leading up to the camp and felt the same nervous excitement I did b

The camp came and went. It was an eye opening experience. The guys were just a  
class.

Again, I was surprised to learn that the areas most overlooked were strength, conc

A week after settling back into my regular life, the phone rang. It was the head cc

Silence.

I pulled the phone from my ear and stared at it a minute. I was working in an offi

Later that day, I sat in a board meeting and looked around the table. I was twenty

That night, I took Brandy –

still my girlfriend - out to dinner and told her about my offer to move away. I bra

“Michael, you have to do this.”

This wasn't only a sacrifice for me. This was a sacrifice for her also. She had wo

That's when I proposed to her. We were married four weeks later and spent our h

## CHAPTER 4

### 3 WEEKS TO SHREDDED

*“Call me a braggart, call me arrogant. People at ABC (and elsewhere) have called me Sam Donaldson”*

Gresham, Oregon, is rarely sunny and today wasn't any different. I pulled the key

“What do you weigh?” he said.

“192,” I lied, anticipating what he'd say next.

He didn't break his stride as he walked past me and got into his truck.

“You make 170?”

I nodded. “No problem.”

He slammed the door and drove off.

I actually weighed 207 lbs.

\*\*\*\*\*

Chris Wilson was the starting welterweight on the Portland Wolfpack, a team in the light heavyweight, welterweight, middleweight, light heavyweight and heavyweight.

A spot on the team meant a monthly salary, health benefits and a very respectable

Being close friends with Chris, I knew he was fielding offers from other organiza

I hadn't weighed less than 184 lbs. since junior year in high school, but I didn't c

There would be no point of making the weight just to look like crap and get beat

I'd lost 38 lbs. in four weeks and weighed in at 169 lbs. for my IFL debut. The ne

As an athlete, I'd done my job that night. But as a coach, I'd set a new standard. (

I cut to 170 lbs. repeatedly over the next two years. During that time, my stable o

Finally, my wife suggested we sit down and write a description of one of my cuts

And then the results started rolling in. Office workers, housewives, nurses, teache  
athletes who experienced life-  
changing weight loss based on one of my weight cuts. I felt so blessed to be able

Today, *3 Weeks to Shredded* continues to garner the acclaim of everyday people v



PHOTO: Mike loses 110 lbs. to compete as a professional mixed martial artist. Here, he weighed in at 169 lb

## CHAPTER 5

### TOUGH LOVE

*“The way you think, the way you behave, the way you eat, can influence your life*  
Deepak Chopra

During the years, I have taken note of certain personality types, particularly the ones who are out of control at least in body.

For some reason, these people aren't quite there in spirit.

I always make it a point to establish a personal relationship with all of my students.

All too often, these people show up ready to go, but slowly start to offer less and less.

It is no wonder they've maintained the same body shape for the past two years, or more.

I believe in hard work, accountability, and positive motivation. I personally work hard.

And then it hit me!

Not all people need to be treated with kid gloves; some people need to be hit with reality.

“What are you doing?! You have legs and arms and healthy organs that allow you to move, so get up, all I want is for you to try – or leave!”

Well, you get the picture.



Sometimes, we have to tell people what they don't want to hear, because hearing

## CHAPTER 6

### CRABS IN THE POT

*“All men dream but not equally. Those who dream by night in the dusty recesses*  
T.E. Lawrence

I’m blessed. As a coach, I’ve mentored the troubled kid, the suit-and-tie professional, the party boy, and the family man, to name a few. My stable of a

However, I get the most joy out of helping the every-man and every-woman. When people started asking for *3 Weeks to Shredded* to be mass produce jerking testimonials of success from total strangers.

You might be surprised how many of these letters describe them reaching their go

Below is part of an actual letter I received. It’s from a 54-year-old woman halfway to her goal of losing 40 lbs. At the point I received this letter,

*Mike,*

*My sister and her friend are here. Her friend likes to cook for us. Last time he wa*

*-Shelly*

Here’s part of what I wrote back:

*Shelly,*

*Just like you have taken control of your life you must now take control of your kitchen and in MY kitchen, I make the rules. There are no unhealthy ingredients allowed*

*A major part of every lifestyle change is what I call, "The Crabs in the Pot Syndrome"*

*Whether they are trying to pull themselves up with you or simply trying to stop you*

*We need to recognize these "crabs" in our own life and extract ourselves from them*

*Mostly, you must be strong and realize that you are allowed to live your life according to your own rules*

*Great work, Shelly! Keep us posted on your progress.*

*-Mike*

I get letters like these all the time: The coworkers, the friends, the spouse or boyfriend

**ENOUGH!**

People, the word is "no." Unfortunately, it sometimes must also be "NO!" People are often all negative in connotation. Think about it.

**YOU ARE YOUR OWN BEST CHAMPION!**

That's right. YOU! Not your best friend. Not your spouse. Not your child. While

Conversely, you are your own worst enemy. The mind can be a terrible thing. It can doubt and create emotional obstacles. More often than not, it is the barriers we create

## **GIVE YOURSELF PERMISSION TO KICK ASS!**

Yes, that's right. Many people put themselves last and only wait to take care of th

Henry David Thoreau said, "Go confidently in the direction of your dreams. Live

Following your dreams and sticking to your goals takes guts. My Grams calls it c  
year-

old Justin had been through the emotional ringer and because of that he never los  
doubt. Then one day, he said ENOUGH! And he flipped the switch to jumpstart l

The following is part of his real testimonial that he posted on MyDolceDiet.com -  
I had never met or heard from Justin before this. He was a complete stranger.

*Alright, so I'm new to this site as of today, but I'm certainly not new to Mike Dolc*

*In the beginning, I never thought I'd be able to last on a diet, but after such treme*

*In the first month weight was pouring off of me, which was the spark I needed! W*

*It felt good to wake up in the morning, see the sun shining, eat a healthy breakfas*

*No longer am I "the fat kid," "the nice overweight guy," and all those other things*

*But seriously, I walk around with confidence and thanks to Mike, I dream bigger*

*Now that my goal is reached, I'm not taking my foot off the gas pedal. It's now tin  
living life this way. It's unreal.*

*-Justin B.*

After he posted this on the site, Justin received a lot of nice comments. As you co  
changing experience. And while Justin thanks me, I'm more humbled than flatter

# CHAPTER 7

## DON'T COUNT CALORIES, MAKE CALORIES COUNT

*“Nobody creates a fad. It just happens. People love going along with the idea of it.”*  
Jim Henson

We’ve all heard the famous Chinese proverb: “Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime.”

The same principle can be applied to health and wellness. Teach a person how to cook, how to create balanced recipes, mesh healthy eating habits into their busy lives and make positive changes.

Hand them a pre-manufactured frozen TV dinner and – well, you can see where this is going, right?

The diet and exercise industry has the largest amount of fads than any other. Simply put, it’s a multi-billion dollar industry.

The Dolce Diet works because it is not a diet. It is a set of common-sense principles that, when applied, outlines a way of eating for longevity. The result is a lifestyle change, not a diet.

I don’t believe in counting calories. I don’t believe in using artificial anything. We’re talking about real food here.

The only time I notice people counting calories is when they’re eating something that’s not real food.

Your calorie expenditure fluctuates easily from day to day even if your schedule is consistent.

For example, you thought this Monday would be like every other Monday – but you walk in to work to find out those reports are due today, not tomorrow; that’s a change in your schedule.

Now you are burning more calories than usual through accelerated cognitive func

All these things add up and it's drastically different compared to Tuesday, when t  
on time! The difference in calories you've expended on Monday compared with

Most people make the mistake of following a general template diet that restricts c

Be accountable for what goes into your body.

Be honest with yourself.

# CHAPTER 8

## GROCERY SHOPPING 101

Go into your kitchen; open your cabinets and pantry. Take everything out and put

Below is a handy guide to healthy shopping. Many people eat poorly simply beca

As soon as you enter most markets, you will see the produce section, which hous

## GROCERY LIST

### FRUIT

Strawberries

Blueberries

Apples

Oranges

Mangos

Avocados

Bananas



## **GREEN VEGETABLES**

Baby spinach

Green peppers

Asparagus

Broccoli

Kale

Zucchini

Brussels sprouts

## **COLORED VEGETABLES**

Tomatoes

Red peppers

Onions

Beets

Carrots

Corn

Sweet potatoes

## **GRAINS**

Oat bran

Quinoa

Brown rice

Pasta

Ezekial low-sodium bread Buckwheat

Amaranth

## **NUTS**

Walnuts

Cashews

Pistachios

Almond butter

Peanut butter

Hazelnuts

Pecans

## **LEGUMES**

Garbanzo beans

Black beans

Kidney beans

Pinto beans

Red beans

Fava beans

Lima beans

## **FATS**

Flax seeds

Chia seeds

Peanut oil

Grapeseed oil

Coconut oil

Extra virgin olive oil Hemp oil

### **DAIRY/NON-DAIRY ALTERNATIVE**

Almond milk

Coconut milk

Feta cheese

Havarti cheese

Mozzarella cheese

Rice cheddar cheese

Almond cheese

### **ANIMAL PROTEIN**

Eggs

Wild red salmon

Tuna

Chicken breast

Ground turkey

\*These items should always be on hand: Purified water, green tea, basil, oregano,

## **BUYER BEWARE**

While shopping, remember that product labels are designed to attract you. They a

Nonfat does not necessarily mean less calories or “better for you.” Often nonfat f  
fat counterparts. And certain so-called “sugar-  
free” foods are often sweetened with suspicious chemicals. (Google danger+spler  
You must read the ingredients.

\*\*\*\*\*

## **THE NUTRITION FACTS LABEL**

Most people glance at a product and only look at the calories. Some go a little bit

Many don't even consider the fiber content, but the key concern really should be

Protein, carbohydrate and fat quality will differ drastically depending on what the

# CHAPTER 9

## STRUCTURING A MEAL PLAN

### The Four Types of Nutritional Motivation

In my experience, the four most common meal plans are focused on:

1. Athletes
2. Health & Wellness
3. Gluten-Free
4. Vegan

Each of us has a specific goal in mind and those goals will often change with time.

The goal of *Living Lean* is to outline a simple structure in which each of the four

For example, my family and I have varied personal goals and often follow different

I believe in a holistic approach to health and it is very important to embrace the process

This concept is very important.

I have the experience of working closely with many elite athletes who support the

Maybe this is you too?

All of the meals outlined in *Living Lean* can and should be enjoyed by the entire family.

For example, a few weeks ago, while I was in a Health & Wellness stage following a Free nutritional lifestyle, my wife was in an Athletic stage and had planned a party for her 10-year-old son, both of whom are Vegan and Gluten-free. This may present a dilemma to some hosts who might not know what to do.

My Power Pasta Sauce is completely organic, gluten-free and vegan. That means ANYbody can eat it and still stay within their own nutritional guidelines.

My wife and I had a blast cooking the sauce, sipping a glass of red wine and sharing the meal.

The only changes we made to our menu were to add a pot of quinoa, a gluten-free option, in addition to a pot of whole wheat pasta. Both are vegan approved.

We also offered slices of fresh mozzarella, grated parmesan cheese, a vibrant green salad and a slice of pizza.

Everybody loved the meal, ate 100 percent within their nutritional lifestyle... and there wasn't a single scrap of food left over! Again, the purpose of this book is to help you enjoy your food.

\*\*\*\*\*

Below is a sample meal plan that can be used by athlete and obese alike. Feel free to adapt it to your own needs. All recipes are listed in the next chapter.

A= Athlete

H=Health-Minded

G=Gluten-Free

V=Vegan (no animal products)

**BREAKFAST 6:30 am**

16 oz. water & "The Breakfast Bowl"  
(A, H, G, V)

\*Coffee or tea can be drunk AFTER  
breakfast has been eaten.

**SNACK 10:00 am**

1 apple & 2 Tbsp. almond butter  
(A, H, G, V)

**LUNCH 1:00 pm**

16 oz. water & 1 cup green tea  
"Egg Scramble"

3 whole eggs (A, H, G)  
or 3 egg whites (A, H, G)  
or ½ cup quinoa (A, H, G, V)

**MID-DAY SNACK 4:00 pm**

(A, H, G, V)  
2 slices UDI's gluten-free bread  
(toasted)  
1 Tbsp. almond butter  
1 Tbsp. agave



7:00 pm		
Monday & Thursday	Tuesday & Friday	Wednesday & Saturday
<p><b>Dinner:</b></p> <p>16 oz. water (A, H, G)</p> <p><b>Chicken Dinner</b></p> <p>6 oz. chicken breast 2 cups asparagus 1 cup/ear of corn ½ cup quinoa</p>	<p><b>Dinner:</b></p> <p>16 oz. water (A, H, G, V)</p> <p><b>Chick Pea Salad</b></p> <p>6 oz. chick peas 2 cups baby spinach 1 cup kale ½ cucumber ¼ chopped onion ½ tomato ½ chopped walnuts 6 sliced strawberries *4 oz. feta cheese crumbles 3 Tbsp. hemp oil 3 Tbsp. balsamic vinegar <i>*(optional – not Vegan)</i></p>	<p><b>Dinner:</b></p> <p>16 oz. water (A, H, G)</p> <p><b>Salmon Dinner</b></p> <p>8 oz. fresh salmon 2 cups broccoli 1 cup carrots ½ cup cooked brown rice</p>

10:00 pm		
Monday & Thursday	Tuesday & Friday	Wednesday & Saturday
<p><b>Dessert:</b></p> <p>(A, H, G)</p> <p>1 cup chamomile tea ½ cup plain yogurt 1 cup blueberries 1 Tbsp. agave</p>	<p><b>Dessert:</b></p> <p>(A, H, V)</p> <p>1 cup chamomile tea 1 cup Kashi Autumn Wheat ½ banana Almond milk</p>	<p><b>Dessert:</b></p> <p>(A, H, G, V)</p> <p>1 cup chamomile tea 2 slices Udi's toast 1 Tbsp. agave 1 Tbsp. almond butter</p>



# CHAPTER 10

## RECIPES FROM INSIDE MMA'S ELITE FIGHT CAMPS

All of the ingredients in these recipes are optional. By now, you have learned the

Here are some tips to remember: -

Unless otherwise noted, all ingredients are to be as close to their natural state as possible, range, local, non-processed and not genetically modified.

-

For cooking, use coconut, grapeseed, and/or peanut oil. They remain stable at me

-

Extra virgin olive oil is not a cooking oil and should never be served above room

-A dash is about 1/8 of a teaspoon.

-A pinch is about half of a dash.

## NUTRITIONAL MOTIVATION KEY

A= Athlete H=Health-Minded G=Gluten-Free V=Vegan (no animal products)

# **BREAKFAST**

Certainly the most important meal of the day is breakfast. If we could only eat a well-balanced breakfast, as opposed to a well-balanced dinner each day, the breakfast eaters would be much healthier, capable of

It surprises me when a modern adult admits to regularly missing breakfast. As the

Most people begin their day with coffees, teas and juices before addressing the matter of temperature, filtered water. This will clean your digestive tract, begin revitalizing

Now, prepare your ingredients, turn on the teapot and take a minute to enjoy the

## Breakfast Bowl

(A, H, G ,V)

½ cup oat bran or buckwheat (G) 1 cup blueberries

½ cup strawberries

¼ cup raisins

½ sliced banana

1 Tbsp. all-natural peanut or almond butter 1 Tbsp. ground flax seeds

1 pinch cinnamon

1 cup water

In a medium saucepan bring 1 cup water to boil.

Reduce flame and mix in berries and oat bran, stirring often until desired consistency.

Mix in flax seeds, raisins and cinnamon.

Pour into bowl and add peanut butter or almond butter and top with banana.

Add in a dash of almond milk or water to thin out oat bran if desired.

## Pitbull Pancakes

(A, H, G, V)

1 cup Pamela's Baking & Pancake Mix (or similar brown rice mix)

1 large egg or egg alternative\* (V)

3/4 cup water

1 Tbsp. coconut oil

Follow the pancake directions on the back of the mix.

Use coconut oil for the mix and to cook the pancakes.

Serve with Fresh Berry Syrup.

NOTE: Add more water to batter for thinner pancakes. Less water for thicker pan

## **\*Easy Egg Alternative**

*(This egg substitution is equal to 1 egg.)*

1 Tbsp. ground flax seeds

3 Tbsp. water

Stir together until thick and gelatinous

## East Coast Breakfast Toast

(A, H, G, V)

1 egg (or egg alternative)

¼ cup almond milk

2 slices bread

Coconut oil (as needed)

1 dash cinnamon

Coat pan with coconut oil and place over low heat.

In bowl, beat eggs and milk together with fork.

Dip bread into egg mixture and soak through.

Put bread slices in pan and heat until lightly browned.

Be sure to flip them over to cook both sides.

Repeat until all bread slices have been browned.

Top each bread slice with cinnamon, fresh fruit or serve with Fresh Berry Syrup.



NOTE: If cooking for more than one person, just double the recipe as you see fit.

## Fresh Berry Syrup

(A, H, G, V)

4 oz. water

1 cup strawberries

1 cup blueberries

1 Tbsp. agave (optional)

Add water and fruit to small sauce pan.

Cover and turn to low-medium heat.

When fruit softens, reduce heat and mash with spatula.

Add agave, stir and serve.

## Oats & Berries Smoothie

(A, H, G, V)

1 cup blueberries

1 cup strawberries

1 orange

1 banana

½ cup uncooked oat bran or buckwheat (G)

½ cup almond milk

1 Tsp. honey

10 ice cubes

Combine in blender and blend until creamy.

## **LUNCH**

Lunch is best kept simple. We all get very busy, especially in the middle of the day.

Sometimes, I'll grab a container filled with Salmon Salad, a loaf of Ezekial bread

## Salmon Salad

(A, H, G)

1 can wild-caught Alaskan Sockeye  $\frac{1}{2}$  stalk celery, chopped

$\frac{1}{4}$  cup red or sweet onion, chopped 2 Tsp. spicy brown mustard or horseradish  
2 Tbsp. dill pickle relish (unsweetened)  $\frac{1}{4}$  Tsp. black pepper

7 pitted black olives, chopped (optional)  $\frac{1}{2}$  avocado

Brown rice wrap or bread

Put salmon in a large mixing bowl and mash in celery, onion, mustard, relish, oliv

## Chick Pea Salad

(A, H, G, V)

6 oz. chick peas (garbanzo beans) 1 handful baby spinach

1 handful kale

½ cucumber, sliced

¼ chopped onion

½ tomato, chopped - or 6 cherry tomatoes ½ cup chopped walnuts

6 sliced strawberries

4 oz. feta cheese crumbles (optional) 3 Tbsp. extra virgin olive oil

3 Tbsp. balsamic vinegar

Combine all ingredients in bowl and drizzle with olive oil and balsamic vinegar.

## Egg Salad

(A, H, G)

4 whole hard boiled eggs, peeled and chopped ¼ onion, chopped

1 dash sea salt

1 dash black pepper ½ avocado

Bread or wrap

Combine eggs, onion, salt and pepper in mixing bowl. Scoop out half an avocado free bread, in wrap or over salad.

## Tuna Salad

(A, H, G)

1 can tuna in water

¼ onion, chopped

½ celery stalk, chopped

½ avocado

1-2 Tbsp. brown spicy mustard

1 Tbsp. sweet pickle relish

1 hard-boiled egg

Mix all ingredients together and put on whole wheat or gluten-free bread, in wrap or enjoy over green salad.



## Supafly Chicken Salad

(A, H, G)

8 oz. chicken breast, cut into bite-sized pieces ½ celery stalk, chopped

1 cup grapes, halved

1 cup chick peas

1 avocado, peeled and pitted 1 Tsp. lemon juice

Sea salt and pepper, to taste

Lightly coat pan with grapeseed oil and cook chicken over low-medium heat.

Combine rest of ingredients in large bowl and mix well, mashing avocado into mixture.

Once chicken is cooked, let cool and then add to rest of ingredients in bowl and mix well.

Chill until serving.

This salad can be served a number of ways: On a bed of lettuce, on whole grain bread, or in a lettuce wrap.

## Omelet

(A, H, G)

3 whole eggs

¼ diced red pepper

¼ diced onion

¼ almond milk

1 cup mushrooms, sliced

1 handful spinach leaves

1 dash sea salt

1 slice Havarti cheese (optional) Also...

1/3 avocado, smeared on toast 2 slices toasted bread

Lightly coat 2 medium sauté pans with grapeseed oil and put on low heat.

Dice peppers, onions and mushrooms. Add to pan #1. Sauté for about 2 minutes a

Whip eggs and milk in medium mixing bowl.

Once the vegetables begin to soften, add spinach leaves to pan #1.

Once spinach has begun to wilt, remove pan #1 from heat.

Evenly pour eggs into pan #2 so they coat the bottom of the pan and cover. (Do not  
Once hard, flip the omelet over and immediately add contents of pan #1 and cheese)

## Egg Scramble

(A, H, G)

3 whole eggs

¼ diced red pepper

¼ diced onion

1 cup mushrooms, sliced

1 handful spinach leaves 1 dash sea salt

1 slice white cheese (optional) Also...

1/3 avocado, smeared on toast 2 slices toasted bread

Lightly coat medium sauté pan with grapeseed oil and put on low heat.

Dice peppers and onions and add to pan. Sauté about 2 minutes, then add mushro

Whip eggs in medium mixing bowl.

Once the peppers, onions and mushrooms soften, add spinach leaves.

Once spinach begins to wilt, evenly pour eggs into pan.

Lightly stir into a scramble.

Once desired consistency is reached, turn off stovetop, mix in cheese and serve w

## Strawberry Salad

(A, H, G, V)

2 handfuls baby spinach

10 fresh strawberries, sliced

½ avocado, cut into bite-sized chunks

1 cup walnuts

Arrange spinach, avocado, walnuts and strawberries in bowl.

Dressing: Light drizzle of extra virgin olive oil and balsamic vinegar

## Pasta Salad with Veggies

(A, H, G, V)

2 cups rotini pasta or gluten-free pasta, cooked according to package instructions and drained

1 cup chopped broccoli, steamed

1 cup chick peas

1/3 cup cubed or shredded mozzarella cheese (optional)

1 clove garlic, minced

1/2 tomato, diced

Dressing: Light drizzle of extra virgin olive oil and balsamic vinegar

In a bowl, mix all ingredients together. Cool in refrigerator until ready to serve. T

## Simple Spinach Salad

(A, H, G, V)

NOTE: This is a great weight-cutting meal when you need to be light but want to keep your energy high.

1 handful fresh spinach leaves 1 handful colored vegetable, chopped  
1 handful fruit, chopped

Dressing: Light drizzle of hemp oil and apple cider vinegar  
Mix all ingredients in bowl and top with dressing.



## Waldorf Salad

(A, H, G)

½ cup chopped walnuts ½ cup plain yogurt

2 Tbsp. avocado

2 Tbsp. parsley, minced 1 Tsp. honey

Freshly ground black pepper to taste 2 large apples, chopped into ½ inch pieces  
2 celery stalks, chopped ¼ cup raisins

½ lemon, juiced

1 head Romaine lettuce, shredded into bite-sized pieces

Mix yogurt, avocado, parsley, honey and pepper in a bowl. Add the apples, celery

# DRESSINGS

## **Oil & Vinegar Dressing**

Extra virgin olive oil, add to taste

Balsamic vinegar, add to taste

## **Nature's Dressing**

Hemp oil, add to taste

Apple cider vinegar, add to taste

## Grapeseed Pesto

1 ½ cups fresh basil leaves

½ cup grapeseed oil

Grind basil to a fine paste with mortar and pestle\* and put in small bowl.

Add grapeseed oil and stir.

\*You can also use a blender or food processor.

## Strawberry Vinaigrette

½ cup extra virgin olive oil

½ pint fresh strawberries, halved

2 Tbsp. balsamic vinegar

½ Tsp. sea salt

¼ Tsp. black pepper

Blend all ingredients until smooth. Serve over salad.

# DINNER

The dinner table of many hardworking, well-intentioned families has been taken over by grab-n-go burgers and pizza delivery. Stop this now! The following recipes are simple, n

## Chicken & Asparagus Stir Fry

(A, H, G)

2 chicken breasts cut into bite-sized pieces

1 bunch thin asparagus (about 20 stalks)

2 cloves garlic, chopped

1 medium shallot, minced

2 Tbsp. low-sodium soy sauce or teriyaki sauce

Cut off thick ends of asparagus; wash what remains and cut into bite-sized pieces.

Steam for about 7-10 minutes, or until bright green, and then set aside.

In a large pan, sauté shallot and garlic in peanut oil for about 2 minutes.

Add chicken and continue to sauté about 6 minutes or until pink disappears.

Pour into heat-safe serving bowl and mix in asparagus.

Add 2 Tbsp. low-sodium soy sauce or teriyaki sauce and serve.

## Sautéed Garlic & Mushroom String Beans

(A, H, G, V)

2 lbs. fresh (or frozen) organic green beans

9 large shiitake mushrooms (fresh, not dried)

4-5 medium cloves of garlic, minced

Wash beans, cut off ends, and snap them in half.

Steam the green beans until tender. Drain and set aside.

Coat large pan with grapeseed oil and place on low-medium heat.

Add garlic and mushrooms and cook for 3 minutes, stirring occasionally.

Mix in the green beans and sauté for 6-8 minutes, until beans are browned.

Serve with quinoa, fish or chicken.



## Turkey Burgers

(A, H, G)

½ lb. lean turkey

¼ cup oat bran or buckwheat (G) 1 whole egg

2 cloves garlic, chopped 1 Tsp. Worcestershire or teriyaki sauce

1 dash each of sea salt, pepper and oregano Optional toppings:

Romaine lettuce

Sliced tomato

Dill pickle

Avocado

Cheese

Ketchup

Mustard

Lightly coat pan with grapeseed oil and set on low-medium heat.

In a large bowl, combine everything except toppings and mix well.

Shape into 4 to 5 palm-sized patties.

Place patties in pan and flatten with spatula.

Grill, covered, over indirect medium heat for 4-6 minutes on each side or until meat is no longer pink inside.

Serve on bread or wrapped in lettuce with optional toppings.

## Fighter Fajitas

(A, H, G, V)

1 lb. skinless, boneless chicken breasts 16 oz. black beans (V)

1 Tsp. chili powder

½ Tsp. sea salt

½ Tsp. ground cumin

½ Tsp. freshly ground black pepper 8-12 whole wheat or gluten-free tortillas  
For toppings:

1 avocado, mashed in bowl with 1 Tbsp. lemon juice. Set aside.

1 chopped tomato

¼ head of lettuce, chopped

Shredded cheddar cheese (optional) Preheat oven to 350 degrees F.

Coat pan in grapeseed oil and set on low-medium heat.

Combine chili powder, sea salt, cumin and black pepper in a small bowl.

Chop raw chicken in bite-sized pieces and sprinkle with spices.

Place chicken in pan and cook 10 minutes, stirring often, until done.

Heat tortillas on cookie sheet in oven for 2 minutes and remove.

Divide chicken evenly among tortillas; top each tortilla with a sprinkle of lettuce,

## Honey Glazed Salmon

(A, H, G)

8 oz. wild-caught salmon

Sea salt

Honey

Coat small pan with grapeseed oil and put on low-medium heat

Rub salmon with grapeseed oil and sprinkle with sea salt.

Cook 3-5 minutes on each side, depending on thickness.

Salmon should be cooked evenly through the center.

Plate and drizzle with honey.



## Power Pasta Sauce

(A, H, G, V)

This sauce can be made several ways and can be mixed with everything or nothing

16 oz. pasta (whole wheat, durum, brown rice, quinoa or gluten-free pasta noodles) 4 - 16 oz. cans of diced tomatoes or 12-14 whole tomatoes, steamed, peeled and crushed 1 red pepper, chopped

1 green pepper, chopped

1 medium sweet onion, chopped

10-12 cloves garlic, diced

1 pinch each of basil, oregano and sea salt

16 oz. organic ground turkey (optional – not vegan) Extra virgin olive oil

Grapeseed oil

Pour diced tomatoes in large pot and heat over low-medium flame.

Add basil, oregano and sea salt before covering to simmer.

Sauté garlic, onion and peppers in grapeseed oil over low-medium heat.

In another pan at low-medium heat, begin to brown the turkey in grapeseed oil.

In another large pot, bring 6-8 cups water to boil.

Once vegetables have softened to your taste, add to sauce.

When turkey has thoroughly cooked, add to sauce, cover and simmer another 10 minutes.

Add pasta noodles to boiling water and cook for 8-12 minutes.

Stir in 2 Tbsp. extra virgin olive oil.

When noodles are done, add separately to plates and cover with sauce.

## Garlic Portabella Chicken with Asparagus & Spinach

(A, H, G, V)

½ chicken breast, cut into bite-sized pieces

(Vegan: eliminate chicken and use whole portabella mushroom top)

1/3 portabella mushroom, chopped

1 handful baby spinach

1 Tbsp. garlic, minced

Half bunch asparagus (6-8 stalks), steamed

1 dash each of sea salt, oregano and pepper

Coat medium pan with grapeseed oil and put on low-medium heat.

Add portabella mushroom and garlic to pan.

Once mushrooms brown, add handful of spinach leaves and sauté until spinach softens.

Add asparagus.

In separate pan, sprinkle chicken with spices and sauté in grapeseed oil.

Once cooked, add chicken to mushroom pan. Lightly stir mixture.

Let cook together for 5 minutes, then plate.

## Skinny Sumo Stir Fry

(A, H, G ,V)

1 chicken breast, cut into bite-sized pieces

(Vegan: instead of chicken, serve over quinoa) 2 cups broccoli, chopped

1 cup mushrooms, chopped

1 Tbsp. low-sodium soy sauce

4 green onions, chopped

1 handful bean sprouts

Coat small pan with peanut oil and cook chicken until no longer pink inside.

Steam broccoli in separate pan until tender.

In another pan, sauté mushrooms in peanut oil until browned.

Combine chicken, mushrooms and broccoli in bowl.

Top with onions, sprouts and low-sodium soy sauce.

## Baked Chicken Dinner

(A, H, G)

1 chicken breast, sliced horizontally

1 dash sea salt

1 dash pepper

Preheat oven to 350 degrees F.

Rub chicken with grapeseed oil and sprinkle with sea salt and pepper. Place in ba

## Spinach Pasta

(A, H, G, V)

16 oz. whole-wheat or brown rice noodles, or 1 cup quinoa  
1 handful fresh baby spinach

1 cup basil leaves, tightly packed 3 cloves garlic, minced

1 Tbsp. grapeseed oil

1/3 cup almond milk

½ cup mozzarella cheese, shredded (optional – not vegan)  
Sea salt and pepper to taste

Cook pasta according to package directions.

Chop spinach and basil in blender or food processor. If you don't have a choppin

In a large saucepan, sauté garlic in grapeseed oil.

Add milk and spinach mixture to saucepan. Bring to a boil, then reduce heat to a

Drain water and add noodles to spinach mixture in saucepan. Add cheese, sea salt

## Champion Chili

(A, H, G, V)

½ lb. ground organic turkey or 1 can chick peas (V) 2 cans diced tomatoes or 6-7 freshly chopped tomatoes 1 can kidney beans

1 red pepper, chopped

1 green pepper, chopped

1 sweet onion, chopped

4 cloves garlic, chopped

Sea salt, to taste

Chili powder, to taste

1 cup shredded rice cheddar cheese (optional)

Put tomatoes and beans in large pot and place on low heat.

Brown meat in separate pan and add to tomato pot.

In another pan, sauté peppers, onions and garlic in grapeseed oil. Once tender, ad

Add sea salt and chili powder to taste.

Sprinkle with cheese and serve.



## Cod or Tilapia

(A, H, G)

1 cod or tilapia filet

1 dash each of sea salt, rosemary and pepper

½ lemon, juiced

Heat oven to 350 degrees F.

Rub fish with grapeseed oil and spices.

Bake in casserole dish for 15 minutes.

Squeeze fresh lemon juice over filet and serve.

## Thoro-Breaded “Fried” Chicken

(A, H, G)

1 chicken breast, sliced horizontally 1 cup oat bran or buckwheat (G) 1 egg

1/3 cup almond milk

1 Tbsp. ground flax seeds

Mix 1 egg and 1/3 cup milk in small bowl.

Combine oat bran and flax seeds in separate bowl.

Coat pan with coconut oil and heat over low-medium flame.

Dip chicken in egg/milk mixture, and then roll chicken in oat bran/flax seeds mix

Immediately place in pan. Cook 3-4 minutes on each side.

## Pineapple Chicken “Fried” Quinoa

(A, H, G, V)

1 cup uncooked quinoa

1 organic chicken breast, cut into bite-sized pieces  
(Vegan: use tofu, extra firm, cubed) 1 cup crushed pineapple

2 eggs, beaten

$\frac{3}{4}$  cup mushrooms, chopped

3 Tbsp. low-sodium soy sauce

3 green onions, thinly sliced

1 cup carrots, diced

Add 1 cup quinoa and 2 cups water to large saucepan.

Bring to boil, reduce heat and cover for 15 minutes.

Coat small pan with coconut oil and cook chicken.

Coat another small pan with coconut oil and cook eggs without stirring.

Once solid, put eggs on cutting surface and chop.

Using egg pan, sauté mushrooms, green onions and carrots until tender.

Stir in quinoa, pineapple and egg pieces.

Add chicken to vegetable mixture.

Add soy sauce and stir. Serve hot.

# SNACKS

## **Yogurt, Fruit & Honey Bowl**

(A, H, G)

1 cup Greek yogurt or plain yogurt (not vanilla)

1 cup fresh berries

1 Tbsp. honey

Combine in bowl and enjoy!

## **Toast**

(A, H, G, V)

Spread Justin's Chocolate Hazelnut Butter, peanut butter, honey or bananas on y

## Classic Cereal

(A, H, V)

Kashi Autumn Wheat

Pair with almond milk and add dash of cinnamon

Fresh fruit (optional)

## **Fruit & Nuts**

(A, H, G, V)

Fruit paired with a handful of nuts is an excellent energy boosting snack.

Check the shopping list in Chapter Eight for ideas.



## **The Avocado**

(A, H, G, V)

Cut the avocado in half, take out the pit and spoon it out like pudding.

Pair with an orange or two for a great snack.

## **Green Schmear**

(A, H, G, V)

Smear avocado on bread slice and enjoy.

## Simple Guacamole Dip

(A, H, G, V)

2 large, ripe avocados, scooped out

¼ tomato, chopped

2-3 Tbsp. lime juice, to taste

1/3 cup onion, chopped

½ Tsp. chili powder, to taste

½ Tsp. sea salt

Chopped jalapenos (optional)

Combine all ingredients in mixing bowl and mash with fork to desired consistenc

# JUICING

As a rule, all fruit and vegetables can be juiced together. That is part of the fun. S  
bought stuff. Here are two of my favorite juicing recipes.

## **Bapple Juice**

1 beet with leaves

4 apples

2 sticks celery (optional)

2 Tbsp. chia seeds

Juice beets, apples and celery together and pour into glass.

Stir in chia seeds and enjoy!

## The Kitchen Sink

1 whole beet with leaves

4 apples

2 oranges, peeled

1 lemon, peeled

1 cup strawberries

1 handful spinach

4 carrots

3 stalks celery

1 tomato

2 Tbsp. hemp oil

1 golf-ball sized hunk of ginger root

Juice together and enjoy!

# CHAPTER 11

## WORKOUT PRINCIPLES

Let's keep this super simple. In the gym, be efficient. Walk in, put down your gear, and get started. This can be as simple as a few minutes of calisthenics or a couple miles on the road.

## SETS & REPS

You may need to adjust the sample workouts in this book according to your training goals.

To gain strength, keep the reps at 5-8.

To gain muscle, keep the reps at 8-12.

To gain endurance, keep the reps between 12 and 100.

## VOLUME & INTENSITY

Volume is the amount of hours, reps or pounds you total during a given training cycle.

If you train very intensely, you must keep your volume at a minimum in order to protect your body or your spirit.

## REST INTERVALS

I prefer to look at rest intervals in terms of deep breathing. Whether it is 15 seconds

# **FORM**

All form must always be perfect. I define perfect as your personal best. I've been

Adherence to proper form increases the efficiency of the exercise. Poor form ofte

## **GOAL SETTING**

This is the most important factor in any success. Your goals for exercise must be

A general goal might be: I want to lose weight.

A specific goal might be: I will lose 40 lbs. by Christmas.

We further break that down to the method by which you will achieve your goal: I

If you do not set a goal walking into a workout, you are simply going through the



# **CHAPTER 12**

## **STRENGTH TRAINING WORKOUTS**

This chapter offers sample training routines that can be immediately implemented. If you are an at-home mom, there is something in here for you.

## **QUICK-START WORKOUTS**

Not everybody's fighting for the world title, so I don't expect you to train like a p

## QUICK-START WORKOUT - CHEST

This is for the suit-and-tie guy just looking to fill out his jacket. You have three days – if you're lucky – to get to the gym each week. This is the workout for you.

Warm-up

3 sets x 25 jumping jacks Barbell Bench Press

3 sets x 50 reps with an empty bar Incline Dumbbell Press

5 sets x 8-12 reps

Two-Arm Bent-Over Dumbbell Rows 3 sets x 8-12 reps (each side)  
Dumbbell Side Laterals

2 sets x 15 reps

Push-ups

1 set to total failure

You can also finish with a few sets of biceps curls, sit-ups, or a few minutes on the treadmill.

## QUICK-START WORKOUTS - ABS

This area calls both men and women alike. If your goal is a slimmer, stronger waist

Pick five exercises and perform 1 set of 50 reps each (or make that the goal). Today

The goal should be three cycles of five exercises for 50 reps each. When you can

Lying Toe Touch

Leg Raise Double

X-Pattern Toe Touch

Alternate Straight Leg Crunch Bosu Ball Superman Alternate Side Raise

## QUICK-START WORKOUT-LEGS

This is a fantastic workout for those looking to tighten the glutes and give definiti

Warm-up

15-minute walk on treadmill at low incline Forward Dumbbell Lunge  
3 sets x 15 reps (each leg) Backward Dumbbell Lunge 3 sets x 15 reps (each leg)  
Single Leg Dumbbell Deadlift 3 sets x 15 reps (each leg) Power Squat

3 sets x 15 reps Cool-down

15-minute walk on treadmill

# FULL BODY FUNCTIONAL WORKOUT

This is the best all-around workout for any one of us to strengthen and shape the entire body while b

## X-Pattern Toe Touch

3 sets x 15 reps each side

-30 seconds rest between each set.

-60 seconds rest between each exercise.

## Power Squat

1 set x 25 reps with 25 lb. dumbbells -60 seconds rest before next exercise.

## Two-Arm Bent-Over Dumbbell Rows

5 sets x 25 reps with 25 lb. dumbbells -30 seconds rest between each set.

-60 seconds rest between each exercise.

## Power Squat

1 set x 25 reps with 25 lb. dumbbells -60 seconds rest before next exercise.

## Chain Push-up

5 sets x 10 reps with 1 chain

-30 seconds rest between each set.

-60 seconds rest between each exercise.

## Power Squat

1 set x 25 reps with 25 lb. dumbbells -60 seconds rest before next exercise.

## Elbow-to-Knee Back Extension

3 sets x 15 reps each side

-30 seconds rest between each set.

-60 seconds rest between each exercise.

Power Squat

1 set x 25 reps with 25 lb. dumbbells



# TANK TOP WORKOUT 1

This workout is great for ladies looking to tighten and tone or elite athletes looking

Bosu Ball Push-up

5 sets x 15 reps

-30 seconds rest between each set.

-60 seconds rest between each exercise.

Barbell Bench Press

1 set x 100 reps with empty bar -30 seconds rest.

5 sets x 50 reps with 10 lbs. added to each side of the bar

-30 seconds rest between each set.

-60 seconds rest between each exercise.

Barbell Upright Row

3 sets x 20 reps with 5 lbs. on each side of the barbell  
-30 seconds rest between each set.

-60 seconds rest between each exercise.

### Dumbbell Side Laterals

3 sets x 20 reps with 1 chain per hand -30 seconds rest between each set.

-60 seconds rest between each exercise.

Incline Bench Triceps Extension 2 sets x 30 reps with 20 lb. dumbbells  
-30 seconds rest between each set.

-60 seconds rest between each exercise.

### Bosu Ball Push-up

2 sets to failure

-60 seconds rest between sets.

## TANK TOP WORKOUT 2

This workout focuses on the most important part of strength development – the infrastructure. Here we are performing exercises that will cause our much sm

### Two-Arm Bent-Over Rows

1 set x 50 reps with 25 lb. dumbbells -60 seconds rest between each exercise.

### Dumbbell Push-up

4 sets x 25 reps

-30 seconds rest between sets.

-60 seconds rest before new exercise.

### Bosu Ball Push-up

3 sets x 12 reps with bodyweight -30 seconds rest between sets.

-60 seconds rest before new exercise.

Close-Grip Bosu Ball Push-up 2 sets x 12 reps with bodyweight  
-30 seconds rest between sets.

-60 seconds rest before new exercise.

Chain Side Laterals

2 sets x 20 reps with 1 chain per side -30 seconds rest between sets.

-60 seconds rest before new exercise.

Two-Arm Bent-Over Rows

1 set x 50 reps with 25 lb. dumbbells

# LOWER BODY WORKOUT 1

This is a fantastic workout to develop the powerful muscles of the lower body inc

Prone Plank

5 sets x 30 second hold -30 seconds rest between each set.

-60 seconds rest between each exercise.

Single Leg Sprinter Squat 4 sets x 15 reps (each leg)

-60 seconds rest between each set.

-60 seconds rest between each exercise.

High Box Step-Ups 2 sets x 25 reps (each leg) -60 seconds rest between each set.

-60 seconds rest between each exercise.

Single Leg Dumbbell Deadlift 2 sets x 25 reps (each leg)

-30 seconds rest between each set.

-60 seconds rest between each exercise.

Side Plank

5 sets x 30 seconds (each side) -30 seconds rest between each set.

## LOWER BODY WORKOUT 2

### Elbow-to-Knee Back Extension

3 sets x 10 reps (Each side: left arm with right leg & right arm with left leg)  
-15 seconds rest between each movement.

-60 seconds rest before next exercise.

### High-Hip Barbell Deadlift

95 x 10 135 x 10 185 x 10 225 x 5 275 x 5 315 x 2 345 x 2

-30 seconds rest between each set.

-60 seconds rest before next exercise.

### Power Squat

5 sets x 8 reps with 50 lb. dumbbells -30 seconds rest between each set.

-60 seconds rest before next exercise.

## Single Leg Bench Squat

3 sets x 10 reps (each side)

-30 seconds rest between each set.

-60 seconds rest before next exercise.

## High-Hip Dumbbell Deadlift

3 sets x 15 reps with 50 lb. dumbbells -30 seconds rest between each set.

-60 seconds rest before next exercise.

## Side Plank

3 sets x 30 seconds (each side)

-30 seconds rest between each set.



# POWER DEADLIFT WORKOUT

This is a bread-and-butter workout for any serious athlete. If you want to add lean muscle, then this is a rep set. Once you can do 3 reps successfully, add 5% to the bar on your next workout.

## Chin-ups

3 sets x 10 reps with bodyweight -15 seconds rest between each set.

-60 seconds rest before next exercise.

## Conventional Barbell Deadlift

185 x 3 225 x 3 275 x 3 315 x 3 365 x 3 / 405 x 1

-60 seconds rest between each set.

-60 seconds rest before next exercise.

## Power Squat

5 sets x 5 reps with 50 lb. dumbbells -45 seconds rest between each set.

-60 seconds rest before next exercise.

Conventional Dumbbell Deadlift 5 sets x 10 reps

-30 seconds rest between each set.

-60 seconds rest before next exercise.

Gamer Twist

5 sets x 10 reps

-30 seconds rest between each set.

## **PUSH-PULL WORKOUTS**

I prefer to think in terms of motions and not muscles. If I perform a deadlift, I am minded individuals and professional athletes.

# PUSH WORKOUT

Overhead Squat

5 sets x 10 reps

-60 seconds rest between sets.

-60 seconds rest between exercises.

Incline Dumbbell Press

40 x 20 50 x 15 60 x 10 65 x 10 70 x 10

-20 seconds rest between sets.

-45 seconds rest between exercises.

Dumbbell Front Laterals

3 sets x 15 reps with 15 lb. dumbbells -20 seconds rest between sets.

-45 seconds rest between exercises.

Close-Grip Bosu Ball Push-up 5 sets x 10 reps

-20 seconds rest between sets.

-45 seconds rest between exercises.

X-Pattern Toe Touch

2 sets x 50 reps (each side) -30 seconds rest between each set.

# PULL WORKOUT

Two-Arm Bent-Over Dumbbell Row

5 sets x 8 reps

-60 seconds rest between sets.

-60 seconds rest before next exercise.

High-Hip Barbell Deadlift

135 x 20 185 x 10 225 x 5 275 x 3 315 x 2 365 x 1 385 x 1 / 405 x 1

-60 seconds rest between sets.

-Practice deep breathing between each set.

-Rest 60 seconds before next exercise Single Leg Dumbbell Deadlift

3 sets x 10 reps with 40 lb. dumbbell -60 seconds rest between sets.

-60 seconds rest before next exercise.

## Barbell Upright Row

3 sets x 15 reps with 65 lbs. (empty barbell with 10 lbs. on each side)  
-60 seconds rest between sets.

## Alternate Straight-Leg Crunch

5 sets x 20 reps (each side)

-30 seconds rest between each set.

# CHAPTER 13

## CARDIOVASCULAR INTERVAL TRAINING

Cardiovascular exercise is essential to *Living Lean*. A person should incorporate :

The best way to begin cardio training is to walk out of your front door, down the

If you have access to a treadmill, the following workouts are for you. If not, these



# BEGINNER TREADMILL WORKOUT

Warm-up 5 minute walk at 3 mph Round 1

30 second jog at 5 mph 2 minute walk at 3 mph Round 2

30 second jog at 5 mph 2 minute walk at 3 mph Round 3

30 second jog at 5 mph 2 minute walk at 3 mph Round 4

30 second jog at 5 mph 2 minute walk at 3 mph Cool-down  
5 minute walk at 3 mph GOAL: Work up to eight rounds.

# HIGH INTENSITY INTERVAL TRAINING

Warm-up

5 minute walk at 3 mph Round 1

1 minute at 8 mph 1 minute at 6 mph Round 2

1 minute at 8 mph 1 minute at 6 mph Round 3

1 minute at 8 mph 1 minute at 6 mph Round 4

1 minute at 8 mph 1 minute at 6 mph Round 5

1 minute at 8 mph 1 minute at 6 mph Cool-down

5 minute walk at 3 mph GOAL: Increase the speed of your sprints.

# THE FIGHTER'S TREADMILL WORKOUT

Warm-up

5 minute walk at 3 mph Round 1

1 minute at 8 mph 1 minute at 6 mph 1 minute at 8 mph 1 minute at 6 mph  
1 minute at 8 mph 1 minute walk at 3 mph Round 2

1 minute at 9 mph 1 minute at 6 mph 1 minute at 9 mph 1 minute at 6 mph  
1 minute at 9 mph 1 minute walk at 3 mph Round 3

1 minute at 10 mph 1 minute at 6 mph 1 minute at 10 mph 1 minute at 6 mph  
1 minute at 10 mph Cool-down

5 minute walk at 3 mph

GOAL: All three rounds at 10 mph during sprint interval.

# CHAPTER 14

## EXERCISES

### CORE

#### ALTERNATING STRAIGHT-LEG CRUNCH

##### Starting Position

-

Lie flat on your back with your left heel against your glute and left knee pointing

-Left hand is gently holding your neck.

-Hold right leg straight with right heel 6 inches off ground.

##### Action

-

Contract through your abdominal wall and bring your left elbow to meet your right

-Pause briefly for mild contraction.

-Extend to starting position.



## **BOSU BALL SUPERMAN ALTERNATE SIDE RAISE**

### Starting Position

-

Lie belly down on the soft part of a Bosu Ball (you can also use a Swiss ball). Make

-

Stretch your arms long in front of you, knuckles up, with palms resting on the floor

-Stretch your legs long behind you, with your toes resting on the floor.

## Action

-

Keeping your head relaxed but fixed, raise your left arm and right leg, leading wi

-

Pause slightly at the top, ensuring a mild contraction across your lower back befo

-Repeat on the opposite side, right arm and left leg.



## LEG RAISE DOUBLE

### Starting Position

- Lie with your back flat on the ground.
- Place hands at your sides with your legs fully extended.

### Action

- 
- Raise both legs straight up off of the ground until they are perpendicular to the floor.
- Gently contract abs before smoothly lowering to starting position.







## **ELBOW-TO-KNEE BACK EXTENSION**

### Starting Position

-

Assume a position on all fours, making contact with the palms of the hands, knee

-Keep your back perfectly flat by maintaining hip and shoulder stability.

-Bring your left knee and right elbow together, touching at your chest.

## Action

-

Simultaneously stretch your arm long in front of you while stretching your leg low

-Pause slightly at the top.

-

Maintain balance while squeezing for a mild contraction across your glutes, upper





## PRONE PLANK

### Starting Position

-This position begins similar to a Push-up except your weight is resting on your elbows instead of your palms (see picture)

### Action

-Maintain a flat back and straight legs while keeping your mid-section tight.

-Hold this position while keeping the body perfectly still.



## GAMER TWIST

### Starting Position

-

Sitting on the floor, lean back until your torso is at 45 degree angle to the ground.

-Extend your legs for balance with knees slightly bent.

### Action

-Holding a dumbbell 6 inches above your chest, twist to the right.

-Pause.

-Twist to the left.

-Repeat.



## SIDE PLANK

### Position

-Lie on your side.

-

Rise up on elbow with knees and hip off the floor. Elbow should be at a 90 degree

-Keep the spine neutral and align the head with the torso.

### Action

-Hold the position until failure or for the desired duration.







## LYING TOE TOUCH

### Starting Position

-Lie on your back with both legs pointed directly upward.

### Action

-

Roll your torso upward until your fingertips touch your toes, keeping legs straight

-Slowly lower back down and repeat.





## **X-PATTERN TOE TOUCH**

### Starting Position

-

Lie flat on your back with your left heel against your glute and left knee pointing

-Left hand is extended at a 45 degree angle to your body.

-Right leg is held straight with right heel 6 inches off ground.

## Action

-

Contract through your abdominal wall and raise your left arm and right leg together.

-Pause briefly for mild contraction, slightly raising tail bone further off the floor.

-Lower to starting position.





# DEADLIFTS

## CONVENTIONAL BARBELL DEADLIFT

### Starting Position

-

Stand in front of a barbell in a neutral stance: heels under knees, knees under hips

-Look up and ease your hips backward, initiating a squat position.

-Allow your arms to hang naturally while gently reaching for the barbell.

-The barbell should be positioned mid-shoelace.

### Action

-

When your hips have reached near parallel to the floor, grasp the bar, just outside

-Squeeze the bar tightly.

-

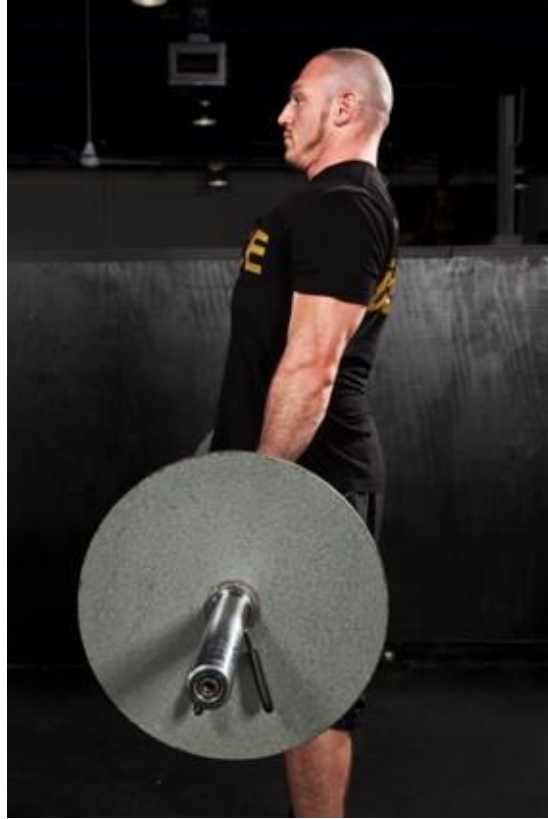
Forcefully push through the floor and stand up, throwing your head backward and

-



Return to the starting position, letting the weight settle on the floor before starting





## CONVENTIONAL DUMBBELL DEADLIFT

### Starting Position

-

Place a pair of dumbbells in front of your toes and assume a neutral stance: heels

-Look up and ease your hips backward, initiating a squat position.

-Allow your arms to hang naturally and gently reach for the dumbbells.

## Action

-

When your hips have reached near parallel to the floor, grasp the dumbbells tight

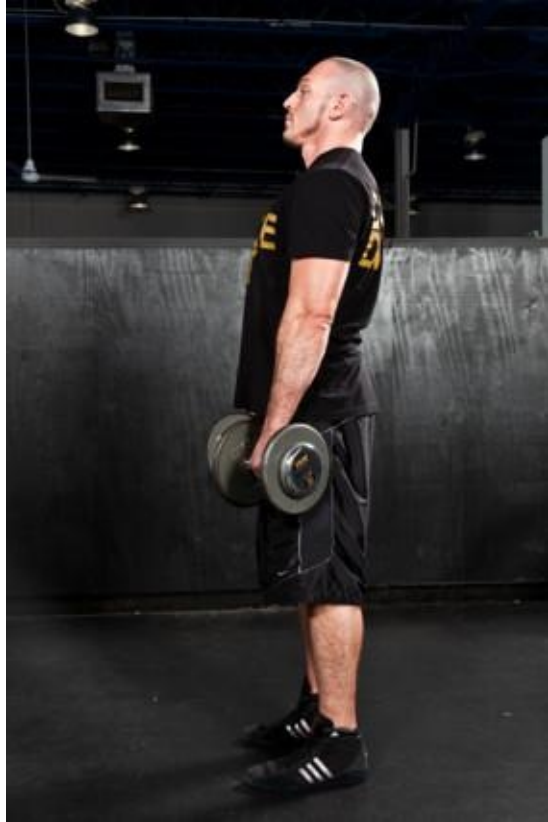
-

Forcefully push through the floor and stand up, throwing your head backward and

-

Return to the starting position, letting the weight settle on the floor before starting





## **HIGH-HIP BARBELL DEADLIFT**

### Starting Position

-

Stand in front of a barbell in a neutral stance: heels under knees, knees under hips

-Slightly bend your knees and keep this position fixed throughout the movement.

-

Looking down, the barbell should be the same distance from your shin bone as it shoelace.

## Action

-

Press your hips slightly backward and shift your weight onto your heels. Be sure

-

Slowly lower torso until your hands are able to grasp the bar, just outside of your

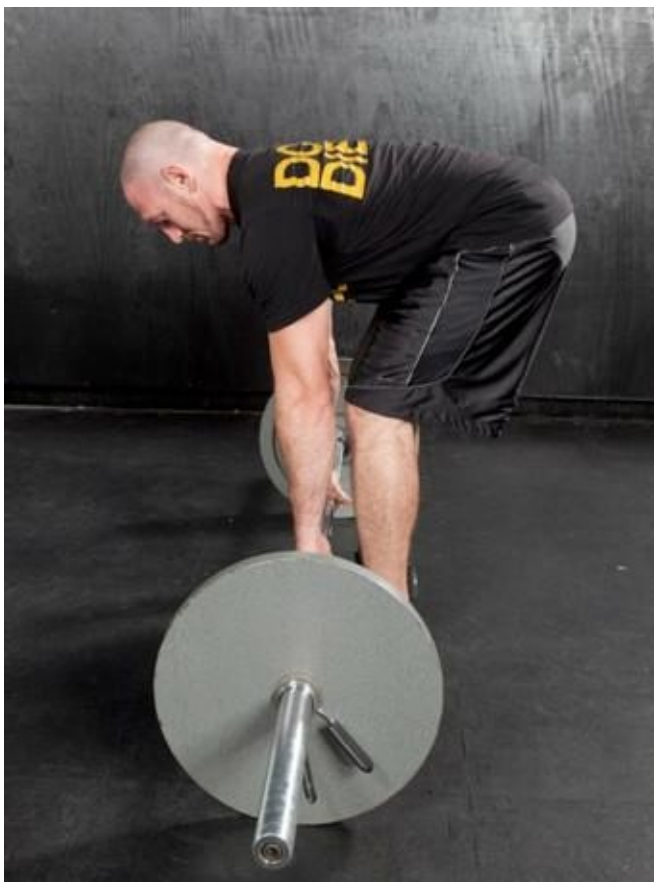
-Squeeze the bar tightly

-Forcefully stand up, throwing your head backward and your hips forward.

-Control the weight for a pause.

-

Return to the starting position, letting the weight settle on the floor before starting







## **HIGH-HIP DUMBBELL DEADLIFT**

### Starting Position

-

Place a pair of dumbbells in front of your toes while standing in a neutral stance:

-Looking forward, ease your hips backward and lean your torso forward.

-Allow your arms to hang naturally, gently reaching for the dumbbells.

## Action

- Grasp the dumbbells, keeping your hips above parallel to the floor.
- Forcefully stand up, throwing your head backward and your hips forward.
- Control the weight for a pause.
- Return to the starting position.
- Let weight settle on the floor before starting your next rep.





## **SINGLE LEG DUMBBELL DEADLIFT**

### Starting Position

- Stand on one leg and hold a dumbbell in the opposite hand.
- Keep your non-post leg gently raised behind you.

## Action

-

Push back your hips and lower the dumbbell to touch the floor in front of your po

-Use your opposite hand for balance.

-Straighten and raise your non-post leg behind you.

-Pause slightly at bottom before returning to the starting position.





# LATERALS

## CHAIN SIDE LATERALS

Starting Position -Assume a neutral stance.

-

Grab the end links of each chain, allowing the chain to gather just outside of your

Action

-

In a fluid arc, raise each chain out to your side, finishing as your hand is parallel t

-Pause briefly at the top.

-Lower the chain in a controlled fashion.







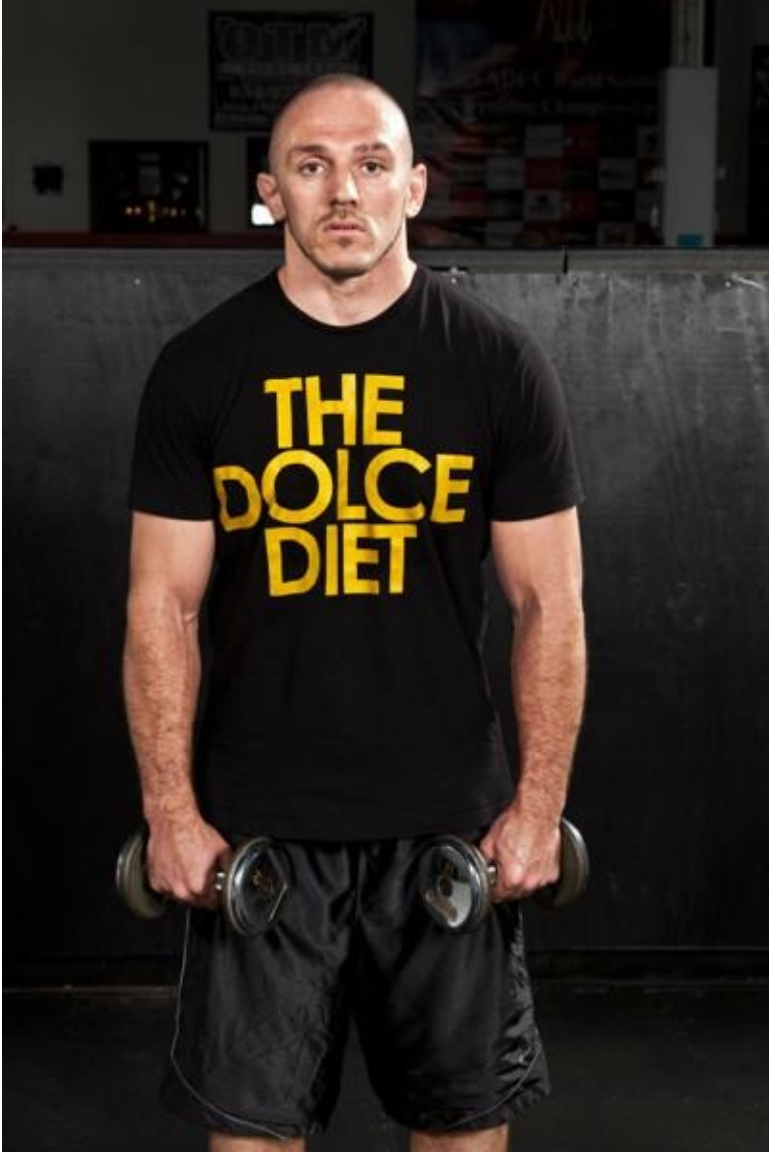
## **DUMBBELL FRONT LATERALS**

### Starting Position

- Stand with feet slightly wider than shoulder-width apart.
- Grasp a pair of dumbbells and allow them to rest naturally on your thighs.
- Keep your head up, back flat and look forward.

## Action

- Raise dumbbells by leading with your thumbs.
- Bring them together at a point just above your eyes.
- Pause for mild contraction.
- Lower to a point just wider than your hips.





## **DUMBBELL SIDE LATERALS**

### Starting Position

-Stand with feet slightly wider than shoulder-width apart.

-

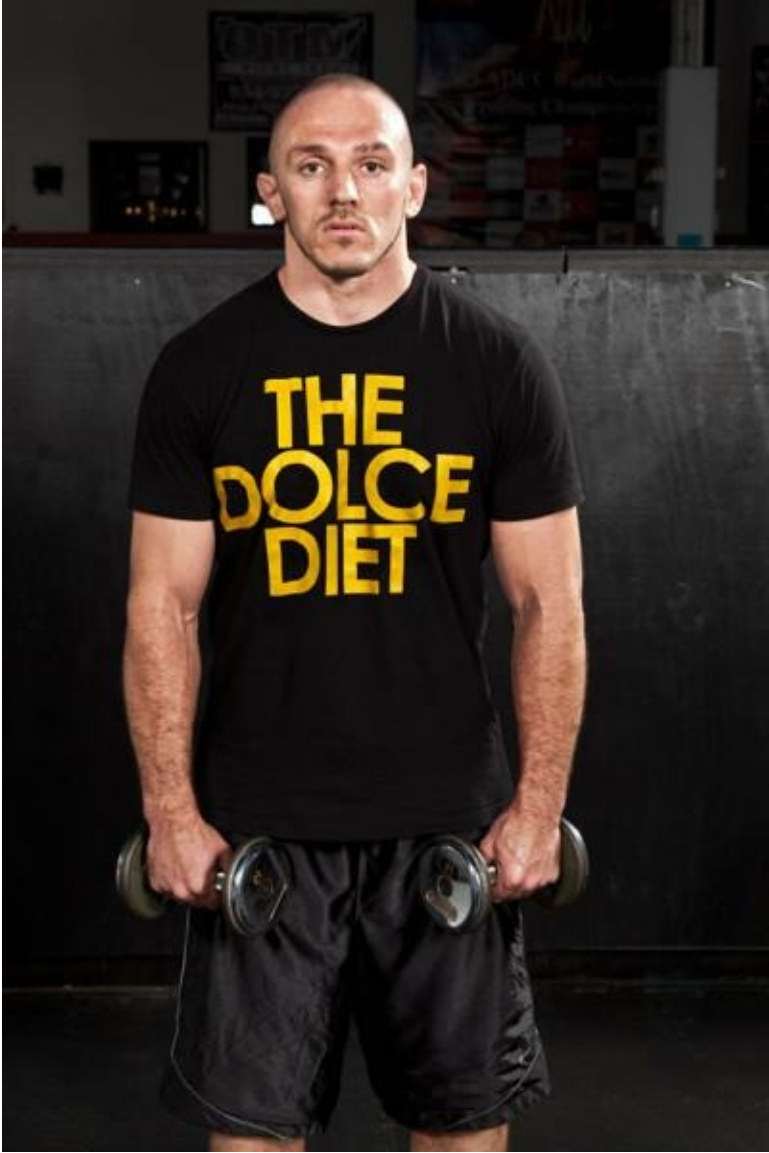
Grasp a pair of dumbbells and allow to rest naturally, at arm's length, against the

-Keep head up, back flat and look forward.

## Action

- Raise both dumbbells out to the side simultaneously.
- Tilt the rear of the dumbbell slightly upward at the top of the motion.
- Pause for mild contraction.
- Gently lower to starting position.







# LUNGES

## BACKWARD DUMBBELL LUNGE

### Starting Position

- Standing with feet shoulder-width apart, grasp a dumbbell in each hand.
- Look forward with chest held high and shoulders back.

### Action

-

Take a step backwards and slowly lower your weight until both knees are at 90 degrees.

-Do not rest knee on floor.

-Using your front leg, press yourself back to starting position.



## **FORWARD DUMBBELL LUNGE**

### Starting Position

- Standing with feet shoulder-width apart, grasp a dumbbell in each hand.
- Look forward with chest held high and shoulders back.

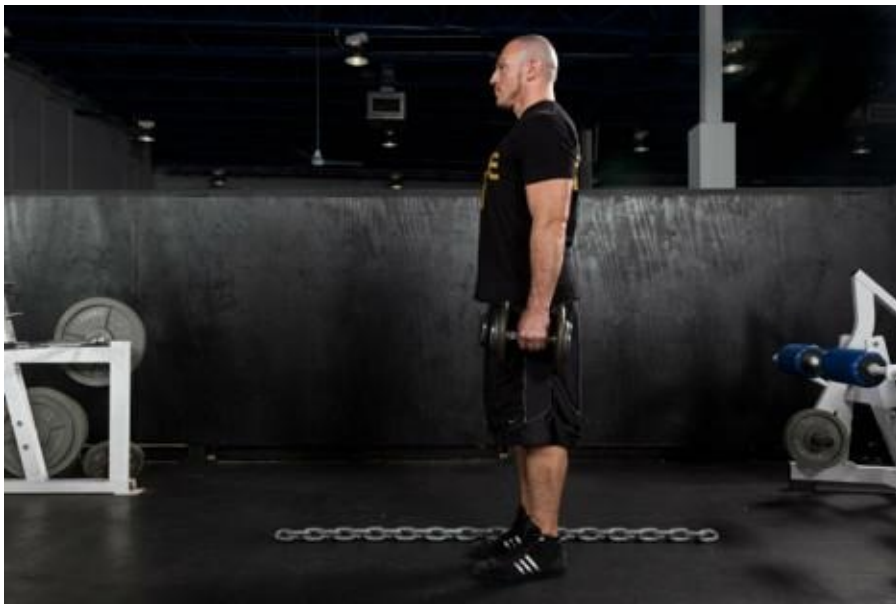
## Action

-

Take a step forward and slowly lower your weight until both knees are at 90 degrees.

-Do not rest knee on floor.

-Using your front leg, press yourself back to starting position.





# **PRESSES**

## **BARBELL BENCH PRESS**

### Starting Position

-

Lay on the bench, making sure to evenly distribute your weight amongst your feet

-Grasp the bar at even points about 6 inches wider than your shoulders.

-

Remove the bar from the upright rack by extending at the elbows and pushing your

### Action

-

Maintaining your foundation, gently rotate your elbows inward, take in a deep breath

-

Press the barbell upwards to the starting position with a slight arc towards your head





## **INCLINE BENCH TRICEPS EXTENSION**

Starting Position -Set the bench at a 45 degree angle to the floor.

-

Lay back on the dumbbell making sure your head extends above the top of the seat.

-Extend dumbbells to full extension.

## Action

-

Lower the dumbbells past your head, keeping your elbows pointed toward the ceiling.

-Smoothly raise dumbbells back to starting point.





## **INCLINE DUMBBELL PRESS**

### Starting Position

-Set the bench at a 45 degree angle to the floor.

-Grasp the dumbbells and set on your thighs as you sit back.

-

Using the strength of your legs, raise each dumbbell to the starting position (see p

## Action

-

Take in a deep breath and lower the dumbbells in a controlled motion until your u

-Smoothly press the dumbbells upwards to the starting position.





# **PUSH-UPS**

## **PUSH-UP**

### Starting Position

- Lie face down with your legs straight and toes in contact with the floor.
- Place the palm of your hands on the floor just outside of your chest.

### Action

- Keeping a flat back and tight mid-section, press your torso upwards until arms are completely extended.
- Lower until upper arms are parallel with floor before pressing back up.





## CHAIN PUSH-UP

-Perform this exercise exactly as the standard Push-up with the addition of a chain over your shoulder.



## DUMBBELL PUSH-UP

-Perform this exercise exactly as the standard Push-up with the addition of a dumbbell in each hand to increase range of motion.



## **BOSU BALL PUSH-UP**

### Starting Position

- Place a Bosu Ball on the floor, with the round side down.
- Grab the outer edge of the platform.
- Position your legs as you would in a standard Push-up position.

## Action

- Lower your torso until your chest touches the platform.
- Forcefully press yourself back to the starting position.
- Work to maintain balance at all times.





## **CLOSE GRIP BOSU BALL PUSH-UP**

### Starting Position

- Place a Bosu Ball on the floor, with flat side down.
- Position your head in the middle of the ball, 4-6 inches apart.
- Position your legs as you would in a standard Push-up position.



## Action

-Lower your torso until your chest touches your hands.

-Forcefully press back to the starting position.

-Work to maintain balance at all times.





# ROWS

## BARBELL UPRIGHT ROW

### Starting Position

-Stand upright and take a narrow grip on the barbell with hands approximately 6-12 inches apart.

### Action

-

Keep the barbell close to the body and pull, leading with the elbows, until the bar

-Pause slightly at the top.

-Lower slowly to starting position while maintaining full control.

## **BENT-OVER TWO-ARM DUMBBELL ROW**

### Starting Position

-Grasp each dumbbell with palms facing inward and stand tall.

-

Keeping your feet shoulder width apart, bend your knees slightly and push your h

## Action

-

While keeping the torso stationary and back flat, pull the dumbbells to your “pant

-

Pause for a brief contraction before slowly lowering the weight again to the starti

-Maintain control of the weight throughout each repetition.



# SQUATS

## HIGH BOX STEP-UPS

### Starting Position

- Step one foot on a box, bench or platform at a height between 12 and 36 inches.
- Look forward with head held high.

### Action

- Through your heel, forcefully push off the box and stand at an upright position.
- Kick the non-working leg backward, leading with the heel and mildly contracting the glute.
- Slowly control the descent and repeat.







## POWER SQUAT

### Starting Position

-Stand with dumbbells grasped to sides.

-

Clean dumbbells up to shoulders so side of each dumbbell rests on top of each sh

-Balance dumbbells on shoulders.

### Action

-

Bend knees forward while allowing hips to bend back behind, keeping back straight

-Descend until thighs are just past parallel to floor.

-Extend knees and hips until legs are straight. Repeat.





## **SINGLE LEG SPRINTER SQUAT**

### Starting Position

-

Stand on one leg with your opposite leg bent at a 90 degree angle and gently hold

## Action

-

Slowly lower your body in a squat motion until your rear knee can touch your opp

-Drive through your heel and push your body to the starting position.





## **SINGLE LEG BENCH SQUAT**

### Starting Position

- Sit down on a standard bench.
- Firmly plant one foot on the floor.
- Extend the non-working leg as straight as possible.



## Action

- Push down through your heel and forcefully stand on one leg.
- Maintain balance with your arms.
- Keep your non-working leg as high as possible.
- Slowly extend your hips backward to descend onto the bench.





## **OVERHEAD SQUAT**

### Starting Position

- Grab one dumbbell and stand with feet slightly wider than shoulder-width apart.
- Press dumbbell above your head and allow non-working arm to hang naturally.

## Action

-

Look forward with your chest held high and push your hips backward to begin the

-With your non-

working arm, try to touch the floor, while keeping the dumbbell pressed to full ex

-

When maximum depth has been reached, push through the heels to your starting p





## **Praise for *THE DOLCE DIET: 3 Weeks to Shredded***

“Thanks to Mike Dolce, I am sitting here today at a healthy 172 lbs. after weighir

-Justin B.

“Started at 215 lbs. back in April, now I’m 178! Thanks, Mike, for all the help an

- David W.

“When I started The Dolce Diet I was a 40-  
inch waist weighing in at 265 lbs. Six weeks later I’m a 36-  
inch waist and 50 lbs. lighter!”

-Anderson W.

“After one week on this plan, I've dropped six pounds. SIX! For a woman that ha  
conscious the past five years that was amazing to me. I can't thank Mike enough t

-Jennifer C.

“I’m down another 6 lbs. That's 11 lbs. in 7 days!”

-Imran R.

“Working 60 hours a week but three weeks in on The Dolce Diet & I’ve lost 30 ll

-Nate F.

“This week, I fit into a size 6, and literally cried. It was a huge moment in my life

-Lyndsey F.

“The Dolce Diet is well worth it! I lost 10 lbs. in a week. This is the lightest I’ve

-Justin A.

“I’ve lost over 75 lbs. (and counting) as a student of Mike Dolce’s. I have a secon

-Bonnie W.

“14 lbs. gone in 14 days on The Dolce Diet!”

-Jason L.

“Mike and his Dolce Diet transformed me physically and mentally into who I am

-Brian S.

“I’ve lost 45 lbs.! I’d recommend anyone buy The Dolce Diet.”

-Craig L.

“I’m down 25 lbs. in two months! People have seen my changes and are encoura

-Mike P.



“219 lbs. to 193 in a month-and-a-half thanks to The Dolce Diet!”

-Jake C.

“The book has worked wonders already! I dropped 15+ lbs. Thanks!”

-Monroe D.

“I went from 220 lbs. to 180 in 1 month on The Dolce Diet.”

-Mark A.

“Just finished my first 21-day weight cut on The Dolce Diet, and I’m in the best shape of my life! Successful!”

-John P.

“Fifteen pounds lost in 21 days! The Dolce Diet included great results, improved health, and more energy!”

-Heather P.

“In two weeks I dropped 13 lbs. and my buddy has dropped 10 lbs. Things are looking good!”

-Andrew M.

“In 17 days I dropped over 18 lbs. I’m looking and feeling fantastic!”

-Aaron R.

“I’ve been doing The Dolce Diet for almost five months, and I have lost a total of

-Mary, 55.

“I’m under 200 lbs. in a few weeks! I’ve lost just over 17 lbs. & I’m so excited at

-Aaron F.

“The Dolce Diet is killing me. In another two weeks I will be broke from having

-Wes H.

“Started The Dolce Diet at 209.8 lbs. It’s Day 4 and I’m at 203.6 lbs.!”

-Tom C.

“80 lb. loss mark today. The Dolce Diet and determination truly goes a long way

-Allen C.

“I lost 50lbs in about 2 months with The Dolce Diet. Mike knows what you need

-Joseph K.

Weighed in this morning at 143.0 lbs. Huge accomplishment for me. That’s total

-Cameron C.

“The Dolce Diet helped me lose 58 lbs. and changed my life. Thank you so much

-Conor W.

“I was 216 and now I’m 186; almost to my goal of 170 and now I can give a shout out to my ab muscles!”

- Eric B.

## **More Resources**

**WE'D LOVE TO HEAR FROM YOU!**

### **TWITTER**

Follow Mike on Twitter @TheDolceDiet

### **FACEBOOK**

Check out The Dolce Diet fan page at [Facebook.com/TheDolceDiet](https://www.facebook.com/TheDolceDiet)

### **YOUTUBE**

Be sure to check out The Dolce Diet YouTube channel at [YouTube.com/dolcedie](https://www.youtube.com/dolcedie)

### **THE DOLCE DIET SOCIAL NETWORK**

It's FREE! Design your own profile page at [MYDolceDiet.com](https://www.MYDolceDiet.com) and talk with Mil

### **OFFICIAL WEBSITE**

Get the latest news about Mike, his athletes, health tips and more at [TheDolceDie](https://www.TheDolceDiet.com)

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